

Stress and Distress

Short Learning Activity

Purpose: Bite Sized Learning. Improve knowledge and reflect

Objective: To Examine your knowledge of Stress and Distress and relate to your current placement

Subject - Stress or Distress? Do you know the difference between the two?

Environmental Factors: Think about care home environments.

Clinical Factors: Pain, discomfort, delirium.

Signs of stress and distress: Agitation, aggression, boredom.

Important to remember: All behaviour is a form of communication.

Activity

Relevance to practice

- Can you identify a client who has shown signs of stress or distress?
- Find a relevant care plan. Read the care plan and think whether this meets their needs.
- Does this give an accurate picture of the person, their needs and care delivered? If not, what could be added?
- Does it identify clinical and environmental factors?
- Are they prescribed any medications for this? Does the care plan identify medications?

Follow on learning

- Look up BNF Antipsychotics. Choose 3 antipsychotic medications. Examine side effects.
- Identify other health care professionals involved such as CPN and psychiatrist, are there any meetings planned? Any learning opportunities available?
- Discuss experiences of Stress and Distress with a member of the care team. Think about your own experiences. Have you managed any residents showing stress or distress?

Further Reading

NICE Guidelines/Dementia UK/Alzheimer Scotland.

